

Tofu, Tomato and Spinach Soup

Rating: ★★★★★

Makes: 4 servings

Ingredients

1 teaspoon vegetable oil
1/2 cup onion (chopped)
1 garlic clove (minced)
6 cups water (or chicken broth or 4 teaspoons or cubes chicken bouillon)
1 package tofu, silken, firm or extra firm (10. 5 ounce, - patted dry and cut into ½ inch cubes)
2 tomatoes (chopped)
3 green onions (chopped, optional)
4 cups spinach leaves (fresh, - washed and dried, torn or cut if large or 1- 10 ounce box frozen chopped spinach, thawed and squeezed dry)
1 tablespoon soy sauce
1/4 teaspoon pepper
1/4 cup cilantro leaves (optional)

Directions

1. Heat a 3 quart saucepan over medium heat; add oil and chopped onion. Cook onion until softened, but not brown. Stir in garlic and cook just until fragrant.
2. Add chicken broth. Bring to a boil. Add tomatoes and tofu. Lower heat and simmer until tomatoes are soft but not mushy (this takes just a couple of minutes).
3. Stir in green onions (optional), spinach, ground pepper and cilantro. Cook just until spinach is wilted.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	160	
Total Fat	6 g	9%
Protein	16 g	
Carbohydrates	14 g	5%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	360 mg	15%

4. Remove from heat. Taste for seasoning. Serve hot.